

2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

USBRB Commentary (PROS/CONS):

Hydration Capabilities:

PRO - Helps Rehydrate/Maintain Hydration

Electrolyte Content:

CON - Inadequate Amount of Electrolytes

Electrolyte Balance:

CON - Unbalanced Electrolytes

Flavoring:

PRO - Contains Natural Flavor(s)

Coloring:

PRO - Contains Natural Color(s)

Sugar Content:

PRO - Limited or No Sugar

Sweetener(s):

PRO - Contains Only Natural Sweetener(s),

CON - Contains Stevia (Diuretic)

Glycemic Index:

PRO - Will Not Impact Blood Sugar

Sodium Content:

PRO - Limited or No Sodium

Stimulants:

PRO - Stimulant Free

Aids Recovery:

PRO - Aids Recovery

Provides Energy:

PRO - Boosts Energy

Other Functional Benefits:

CON - No Other Functional Benefits



BIOSTEEL

Manufacturer:

Biosteel US

Phone: 844-777-8001

Email: support@biosteel.com

www.biosteel.com/collections/sports-hydration-mix



Biosteel Hydration Mix

Description: (from Manufacturer's Website)

Designed to Keep You Hydrated Throughout the Day.

Primary Application(s):

Daily Hydration, Sports Activity (Fitness)

Beverage Form:

Powder - Pre-Measured

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:** \$1.25

3rd Party Certifications:

NSF Certified, Vegan, Non-GMO, Gluten Free, Informed Sport

Flavor Name(s):*

(Different flavors may have unique ingredients and nutritional information related to their specific flavoring and/or coloring agents - see individual product labels for details.)

Cherry Lime, Pink Lemonade, Ice Pop, Pineapple Yuzu, Mixed Berry, Rainbow Twist, Blue Raspberry, White Freeze, Peach Mango, Lemon Lime, Grape, Watermelon

Highly Recommended

Rating: **80.5** points



Supplement Facts

Serving Size 1 Packet (7 g) (0.24 oz)
Servings Per Container 24

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%*
Sodium	140 mg	6%
Calcium	18 mg	2%
Magnesium	5 mg	1%
Potassium (as Potassium Citrate Monohydrate)	33 mg	1%
Zinc (as Zinc HVP Chelate)	0.16 mg	1%
Biotin	0.3 mcg	1%
Vitamin B12 (as Cyanocobalamin)	0.3 mcg	13%
Folate	12 mcg DFE (7 mcg Folic Acid)	3%
Niacin (as Nicotinic Acid)	0.3 mg	2%
Pantothenic Acid (as Calcium D-Pantothenate)	0.27 mg	5%
Vitamin B6 (as Pyridoxine Hydrochloride)	0.3 mg	18%
Riboflavin	0.3 mg	23%
Thiamine (as Thiamine Hydrochloride)	0.3 mg	25%
L-Leucine	1202 mg	**
L-Isoleucine	544 mg	**
L-Valine	544 mg	**
Glycine	460 mg	**
L-Glutamine	973 mg	**
Taurine	135 mg	**
Calcium Carbonate from Lithothamnion spp. (Aquamin™)	36.8 mg	**
Magnesium Citrate	13.6 mg	**
Choline (as Choline Bitartrate)	300 mcg	**
Inositol	300 mcg	**

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

Ingredients

Citric Acid, Natural Flavor, Stevia (Leaf) Extract, Sea Salt (Celtic Sea Salt®), Sodium Citrate, Spirulina Extract (color), Sunflower Lecithin.
Not manufactured with milk, sesame, peanuts, tree nuts, soy, egg, fish/crustacean/shellfish or wheat ingredients. Produced in a Good Manufacturing Practices (GMP) compliant facility that manufactures other products containing these ingredients.

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